



Jackson County School System Trend Report CSH Overview Summary

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Jackson County School System.

CSH Infrastructure Established

An infrastructure for CSH has been developed for the Jackson County School System that includes:

- School Health Advisory Committee
- Four Healthy School Teams
- School Health Policies strengthened or approved: System has approved TSBA policies
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$10,500.

Community partnerships have been formed to address school health issues. Current partners include:

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| ➤ Local and Regional Health Council | ➤ UCHRA |
| ➤ DHS | ➤ UCDD |
| ➤ DCS | ➤ Jackson County Sherriff's Dept |
| ➤ Anti-Drug Coalition of Jackson County | ➤ Jackson County Ambulance service |
| ➤ Jackson County Schools | ➤ local fire departments |
| ➤ Agriculture Extension Service | ➤ Jackson County Rescue Squad |
| ➤ Tennessee Technological University | ➤ Community Anti-Tobacco Educator |
| ➤ TENNderCare | ➤ Upper Cumberland CSH Coalition |
| ➤ Local and Regional Health Departments | ➤ Upper Cumberland School Nurse Consortium |
| ➤ AmeriChoice | ➤ Teen Challenge of the Upper Cumberland |
| ➤ Town of Gainesboro | ➤ LifeCare Family Services |
| ➤ Leadership Jackson Count | ➤ Bradford Counseling Services |
| ➤ Jackson County 3-Star | ➤ Head Start program |
| ➤ Valley Ridge Mental Health Providers | ➤ Nestle water company |
| | ➤ HealthConnect America group |

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities serving on Healthy School Teams, Advisory Councils, assisting with screenings, assisting in nutrition and health education activities, attending and presenting at local Health Council. 113 parents are collaborating with CSH.

Students have been engaged in CSH activities. These activities include Red Ribbon Week led by Tobacco Free teens group, Student Safety Day led by "The Change", Anti-Drug Awareness Campaign led by Youth Anti-Drug Coalition, Project Graduation sponsored by senior class,. Approximately 158 students partnered with CSH during the 2008-09 school year. Approximately 158 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Jackson County School System, the following health interventions have taken place:

4009 School Health Screenings and 590 Referrals to health care providers;

5000 students have been seen by a school nurse and 95% returned to class;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. All schools have an overweight/ obese rate of at least 36% for every year;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include fitness equipment, curriculum, physical education equipment, Wiis and games for physical education program and classroom use;

Professional development has been provided to counselors, physical education teachers, and nurses. Examples include: TAPHERD memberships and conference, TN School Counselor Association memberships, School Nurse Alliance, School Nurse Association memberships, and Michigan Model training;

School faculty and staff have received support for their own well-being through employee wellness programs focused on nutrition, physical activity, tobacco use reduction, and stress reduction. Flu vaccines provided to faculty and staff. Each individual school has fitness equipment for staff use.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – partnerships with local UT Agricultural Extension office and local Health Department to provide education on selected topics as requested. Michigan Model trainings held as needed;

- Physical Education/Physical Activity Interventions – equipment purchased, trainings provided, Take 10! curriculum purchased, maintained compliance with 90 minute Physical Activity Law;
- Nutrition Interventions – nutrition programs held in summer for low income families, working with Family Resource Coordinator to provide Second Harvest food to students in need;
- Mental Health/Behavioral Health Interventions – working with local mental health agencies to coordinate care for students and educate employees and families on mental health topics.

In such a short time, CSH in the Jackson County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

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